



MORRISTOWN  
BRACES

PATIENT CARE · GUIDE 05

# Your First Appointment

*What to bring, what happens, and what  
comes next.*

#### VISIT

2 Morris Ave  
Morristown, NJ 07960

#### HOURS

Mon–Fri · 9AM–6PM  
Sat · 10AM–4PM

#### CONTACT

(973) 998-6266  
[morristownbraces.com](http://morristownbraces.com)



**POSITIVE · FREE CONSULTATION**

Your first visit is a **free consultation**, 45–60 minutes. You'll leave with a complete treatment plan, an exact out-of-pocket cost, and all the time you need to ask questions. There's no pressure to start treatment the same day.

01 · WHAT TO BRING

## What to bring.

**REQUIRED**

- Dental insurance card (if you have orthodontic coverage)
- Photo ID — for adult patients
- Parent or legal guardian — required for all patients under 18

**HELPFUL BUT NOT REQUIRED**

- A list of questions you want to ask
- Recent dental X-rays if you have them
- List of current medications, if applicable
- Referral letter from your dentist, if provided



**TIP · HOW TO PREPARE**

Just brush your teeth before you come in. That is all the preparation you need.

**FREE OF PRESSURE**

Many patients take their plan home and decide later. That's encouraged. You should feel comfortable with your timeline and your cost before committing.

02 · THE CONSULTATION

# What happens during your visit.

- 1 **Clinical examination.** Dr. Gonchar personally examines your teeth, bite, and jaw.
- 2 **3D digital scan.** Quick and comfortable — no gooey impressions.
- 3 **X-rays if needed.** Standard orthodontic records, taken on-site.
- 4 **Airway and breathing assessment.** Especially important for children and teens.
- 5 **Review of findings.** Dr. Gonchar explains exactly what she sees and why it matters.
- 6 **All treatment options presented.** Every applicable option with exact timelines, not ranges.
- 7 **Insurance verified on the spot.** We verify your coverage during your visit.
- 8 **Exact cost confirmed.** You leave knowing your out-of-pocket cost before committing to anything.
- 9 **Your questions answered.** Take as long as you need.

03 · AFTER THE CONSULTATION

# You decide when you're ready.

There is no pressure, no deadline, and no obligation to start treatment the same day. Take the plan home. Talk to your family. Compare options. When you're ready, call us and we'll schedule your start appointment.

04 · THE START APPOINTMENT

## A separate visit, usually 1–2 weeks later.

### IF STARTING BRACES

1–2 hours

Clean and prepare teeth · Bond brackets · Place first wire · Full care instructions · Care kit (wax, interdental brush) provided.

*Tip: eat before. Teeth will be sore 2–3 days after.*

### IF STARTING INVISALIGN

30–~~45~~5 minutes

Confirm fit of first aligners · Place any attachments · Wearing schedule confirmed · Full care instructions · Aligner case and supplies provided.

*Tip: aligners may feel tight the first 1–2 days. Normal.*

05 · THROUGHOUT TREATMENT

## Appointment types you<sup>DEMO</sup>ll see.

APPOINTMENT	CADENCE	DURATION	WHAT HAPPENS
Braces adjustment	Every 4–6 weeks	20–30 min	Wire changes, rubber band changes, progress check
Invisalign check-in	Every 6–12 weeks	15–20 min	Many can be done virtually through the Invisalign app
Braces-off	One time	60–90 min	Brackets removed, teeth cleaned, retainers fitted, final photos
Retainer check	As needed	15–20 min	Verify fit, replace if needed